

EDUCATIONAL MESSAGE

Tell your parents the facts of life.

2 out of 5 of us may need long term care at some point in our lives¹

1 year of long term care can cost as much as a college education²

If your parents are like most people, they probably don't realize the likelihood of their needing long term care nor the incredible cost of that care. Nearly half of us, at some time in life, may need assistance with day-to-day functions like eating, dressing, or bathing.³ Four out of ten people who reach age 65 will spend time in a long term care facility.⁴

Not only are the chances that your parents will need long term care high, the costs are high as well. The average annual cost for medical or personal care services at home is \$20,000. Assisted living can cost more than \$25,000. A year in a nursing home is \$55,800.⁵ Medicare and Medicaid pay for some long term care, with restrictions on either the type of care, location or assets. Health insurance and disability insurance will pay none of them. A third of all long term care is paid directly by the people – like your parents – who need the care using hard-earned savings, investments and retirement income.⁵

Their care affects you, too

If your mother or father needed care, you might have to help provide it. What would that do to your work schedule? What would it do to your family life?

For all these reasons and more, you should talk to your parents about long term care. You'll be helping to protect their finances, their care choices, and their future, as well as your own.

There are good answers to paying for long term care. Aetna Group Long Term Care insurance, offered through the State of Idaho, is one of them. And, as an active employee, your parents are eligible to apply. Years ago they told you the facts of life. Now you can tell them the facts about long term care.

To find out more about the Long Term Care insurance benefit that is available to you, such as who is eligible and how much it will cost, go to www.aetna.com/group/idaho or call Aetna at 1-877-298-0645 to speak to a Long Term Care Specialist. The LTC hotline is available from 6 a.m. to 6 p.m. Mountain Time.

The State of Idaho is sponsoring a group long term care insurance plan underwritten by Aetna Life Insurance Company.

For rates and more information, please review the Outline of Coverage document. Once you enroll for coverage, you will receive a Certificate of Coverage, which will specify in more detail the terms of this service reimbursement plan.

¹ Health Care Financing Administration, 1996

² American Council of Life Insurers, 4/00; University of Oklahoma, www.ou.edu; University of New Hampshire, www.unh.edu

³ American Health Care Association, 12/98

⁴ "Financial Gerontology," *Journal of the American Society of CLU and ChFC*, 5/97

⁵ AARP The Magazine, 2005

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